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Abstract
 The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health of sedentary middle-aged men. The subjects were 20 men, aged 40-50 years, who were sedentary and had no history of cardiovascular disease. They were divided into two groups: a control group and an exercise group. The exercise group performed a 12-week training program consisting of aerobic and resistance exercises. The control group did not exercise. The results showed that the exercise group had significant improvements in physical fitness and health compared to the control group. The exercise group had significantly lower body mass index (BMI), waist circumference, and blood pressure. They also had significantly higher heart rate, stroke volume, and cardiac output. The exercise group also had significantly lower levels of total cholesterol, triglycerides, and low-density lipoprotein (LDL) cholesterol. The control group had no significant changes in any of these variables. The results of this study suggest that a 12-week training program can improve physical fitness and health in sedentary middle-aged men.

1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

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Clemens Wendtner



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